

Q&A:

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How do you keep yourself busy during the lockdown period?

When the university prescribed that we should work from home, my team and I developed an implementation plan and an operational plan to ensure that we all know what our contributions entail, as well as the time frames.

How do you get the most out of your day while working from home?

The operational plan has a status-report schedule that directs and gives structure to one's day. We meet as a team once a week – a virtual video meeting. I insist on the video as I need to make sure that everyone is looking and feeling fine. Even more, we miss each other a lot.

Any working-from-home tips

Stick to a schedule, otherwise it gets really difficult. Juggling work and caring for your home can be challenging, but finding balance gives you peace of mind. Just enjoy being home with your family – this is a rare opportunity. Don't be too hard on yourself if you can't complete your to-do list.

How do you maintain good health?

I have a home gym in my garage and my biokineticists from the Sports Performance Centre send me a weekly exercise programme. I laugh a lot and just have fun with my family, doing different things.

Message of motivation for fellow colleagues

There are a lot of things you have been putting aside because of the craziness in the office. You will be amazed at how creative you are when you are relaxed. If you are maybe struggling at being alone, please reach out to the support structures created by our HR department.

Thank you message to UFS essential service staff members

Thank you for keeping the campus going while we are all at home. Keep well and stay safe.